

Spring 2010
(March 1—May 31)

POOL SCHEDULE



YMCA of Greenville
Golden Strip Family Branch

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-6:00am	Masters Swim Lap Swim (5:30am-7:00am)	All Lap Swim (5:30am-7:00am)	Masters Swim Lap Swim (5:30am-7:00am)	All Lap Swim (5:30am-7:00am)	Masters Swim Lap Swim (5:30am-7:00am)	Pool Opens at 7:30am	Pool Opens at 1:30pm
6:00am-7:00am							
7:00am-8:00am	Lap/Family Swim (7:00am-8:20am)	Lap/Family Swim (7:00am-8:55am)	Lap/Family Swim (7:00am-8:20am)	Lap/Family Swim (7:00am-8:55am)	Lap/Family Swim (7:00am-8:20am)	Lap/Family Swim (7:30am-9:00am)	
8:00am-9:00am							
9:00am-10:00am	Water Fitness (8:20am-9:55am)	Water Fitness (8:20am-9:55am)	Water Fitness (8:20am-9:55am)	Water Fitness (8:20am-9:55am)	Water Fitness (8:20am-9:55am)	Adult Stroke Clinics (April 10-May 5)	
10:00am-11:00am							
10:00am-11:00am	Silver Splash® (10:00am-10:50am) NO LAP LANES	Water Fitness (9:00am-10:35am)	Arthritis (10:00am-10:50am) NO LAP LANES	Water Fitness (9:00am-10:35am)	Arthritis (10:00am-10:50am) NO LAP LANES	Stroke School (10:00am-12:30pm)	
11:00am-12:00pm	Lap/Family Swim (10:50am-4:00pm)	Swim School (11:00am-12:00pm)	Lap/Family Swim (10:50am-4:00pm)	Swim School (11:00am-12:00pm)	Lap/Family Swim (12:45pm-4:00pm)	Stroke Clinics (March 6-13) (April 10-May 15)	
12:00pm-1:00pm							
1:00pm-2:00pm		Lap/Family Swim (12:00pm-4:00pm)		Home-School Phys. Ed. (1:45pm-2:30pm)		Lap/Family Swim (12:00pm-4:00pm)	
2:00pm-3:00pm							
3:00pm-4:00pm		Swim School (4:00pm-6:45pm)		Swim School (4:00pm-6:45pm)		Swim School (4:00pm-6:45pm)	Swim School (4:00pm-6:45pm)
4:00pm-5:00pm							
5:00pm-6:00pm							
6:00pm-7:00pm	NO FAMILY SWIM	NO FAMILY SWIM	NO FAMILY SWIM	NO FAMILY SWIM	ASCC Free-swim (4:00pm-5:30pm)	Pool Closes at 4:30pm	
7:00pm-8:00pm	Water Fitness (6:45pm-7:30pm)	Water Fitness (6:45pm-7:30pm)	Lap/Family Swim (6:45pm-7:30pm)	Water Fitness (6:45pm-7:30pm)	Swim School: Make-up Lessons (if needed) (4:00pm-6:45pm)		
8:00pm-9:00pm	Lap/Family Swim (7:30pm-9:00pm)	Lap/Family Swim (7:30pm-9:00pm)	Aqua Boot Camp 1 (7:30pm-8:15pm)	Lap/Family Swim (7:30pm-9:00pm)	Lap/Family Swim (4:00pm-7:30pm)	Pool Closes at 4:30pm	
					Pool Closes at 7:30pm		

****Schedule cannot reflect special events. We will do our best to notify you of any changes or events when they occur.**

Masters Swim: Lap lanes will be open for lap swimming with a swim coach on the pool deck to assist anyone with their strokes.

Lap Swim: At least one lane will be open during most pool hours for lap swimming. The only times that all lanes will be removed are during Arthritis/Silver Splash® Class (Mondays, Wednesdays, and Fridays, 10:00am – 10:50am).

Family Swim: Time that is open to members and families for free swim. Families are welcome to swim during any other time (i.e. Water Fitness, Swim Lessons) with the instructor's permission as space allows.

Water Fitness Class: At the scheduled time of Water Fitness, the aerobic class has priority on pool space. Due to the shortage of space, the pool is **closed** to Family Swim at this time. A minimum of 2 lap lanes will remain in the pool for lap swimmers. More lap lanes may be added at the discretion of the Water Fitness Instructor.

Aqua Boot Camp: Due to the size and nature of this class, this class may occupy more lane widths than the standard Water Fitness Class. Regardless of class size, one lap lane will remain in the pool for lap swimmers.

Arthritis/Silver Splash® Class: Due to the size and nature of this class, the pool is **closed** to Lap Swim and Family Swim.

Swim School & Stroke School: During the busy season of swim lessons, the pool is often crowded at this time. Space for Family Swim is **limited or closed** at this time. One lap lane will remain in the pool for lap swimmers.

Birthday Parties: On Saturday and Sunday, the YMCA pool hosts Birthday Parties. These parties are welcome to use the pool space as family swimmers during their stay.

Recreation Swim Policy ("Family Swim")

Children ages 4 and under:

- Must have a parent/guardian (18+years) in the water with them at all times

Children ages 5 to 7:

- Must pass either a deep end or shallow end swim test

OR

- Parent/Guardian (18+years) must be in the pool area and within arms reach of the child at all times

Children ages 8 to 12:

- Must pass a deep end swim test if they want to swim in the deep water
- Parent/Guardian must be in the facility

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